



Helping You Live Healthier Every Day

FACTSHEET FACTSHEET FACTSHEET FACTSHEET FACTSHEET FACTSHEET FACTSHEET FACTSHEET

OFFICE OF PUBLIC HEALTH • Center Name

Healthy Louisiana 2010 • (225) 763-3965

Healthy Louisiana 2010

A Community Planning Guide Using Healthy People 2010

Is Yours A Healthy Community?

Are the people in your community as healthy and safe as they could be? If not, would you like to change that? This guide can help you make positive changes in your community, whether you are a physician, government official, business owner, truck driver, store clerk, retired person, or almost anybody else.

Indeed, this guide can help you:

- Learn how to build and run a healthy community coalition;
- Find information about your community on many health problems, such as drug abuse, teen pregnancy, depression, and infectious disease; and
- Use Healthy People 2010 to improve the quality of life of the people in your community.

But, first, take a moment to congratulate yourself. Because deciding to make this kind of change is an important first step to making your community a healthier and happier place in which to live, work, and play. And because *YOU* can make a difference!

What Is A Healthy Community?

A healthy community is one that embraces the belief that health is more than merely an absence of disease; a healthy community includes those elements that enable people to maintain a high quality of life and productivity. For example:

- A healthy community offers access to health care services that focus on both treatment and prevention for all members of the community.
- A healthy community is safe.
- A healthy community has roads, schools, playgrounds, and other services to meet the needs of the people in that community. (These items are often referred to as “infrastructure.”)
- A healthy community has a healthy and safe environment.

What Is Healthy People 2010?

One tool to help a community create a dynamic vision for its future is Healthy People 2010. Healthy People 2010 is a comprehensive set of health objectives to be achieved over the first decade of the century. It is designed to serve as a roadmap for improving the health of all people in the United States. It includes national health promotion and disease prevention goals, objectives, and measures that can help serve as a model for you to develop your own goals and objectives to improve the health of everyone in your community.

Healthy People 2010 was developed by citizens from throughout the Nation, in a multiyear process that was coordinated by the U. S. Department of Health and Human Services (HHS). For two decades, HHS has used Healthy People objectives to improve the health of the American people. Healthy People 2010 is the third set of health promotion and disease prevention objectives for the Nation.

Healthy People 2010 is designed to achieve two overarching goals: (1) to increase the quality and years of healthy life and (2) to eliminate health disparities. (A health disparity is a gap in the health status of different groups of people, in which one group is healthier than the other group or groups.) These two goals are supported by 467 objectives in 28 focus areas. For details, see <http://www.healthypeople.gov/document/tableofcontents.htm>

Healthy People 2010 also identifies a smaller set of health priorities that reflect 10 major public health concerns in the United States. These 10 topics highlight individual behaviors, physical and social environmental factors, and important health system issues that greatly affect the health of individuals and communities. Examined together, they constitute a set of “Leading Health Indicators” that provides a snapshot of the health of the Nation and serves to provide guidance and focus for the public, media, and elected officials.